

# THE ROTATOR

WEEKLY BULLETIN OF THE ROTARY CLUB OF COUNCIL BLUFFS

CLUB NO. 1506 ORGINATED FEBRUARY 23, 1915 VOLUME 37 NUMBER 19



*Rotary International Theme 2011-2012*

Thursday, November 10, 2011, 12:00 pm  
Sara Imhof, Concord Coalition  
Federal Entitlement Programs  
The Center, 714 S. Main St.

## NOVEMBER MEETINGS/EVENTS

- 03 Dr. Crystal Seluk, Jennie Edmundson – Thyroid
- 09 Board Meeting, 12:00 pm, TS Bank, 1745 Madison Ave.
- 10 Sara Imhof, Concord Coalition – Federal Entitlement Programs
- 12 District Membership Seminar, 8:30 am, Henry Doorly Zoo
- 17 Provost Barry Butler, University of Iowa – Strategic Faculty Hiring
- 24 NO MEETING – HAPPY THANKSGIVING!
- 26 Annual Poker Tournament, 1:00 pm, Elks Lodge, 380 McKenzie Ave.  
(see Rotary Events for details)

## NOVEMBER BIRTHDAYS

- |                   |                   |
|-------------------|-------------------|
| 05 Wendy Chubick  | 26 Carol Grieder  |
| 05 Jason Ferris   | 26 Scott Hartman  |
| 06 James R. Knott | 28 Terry LeMaster |
| 25 Doris Heineman |                   |

## **2011-2012 Officers**

President – Mike Maher  
Past Pres. – Carol Horner  
Pres. Elect – Mick McKinley  
Treasurer – Paul Hamilton  
Secretary – Donna Pritchard  
RI Fndn. – Doris Heineman

## **Board Members**

Terry LeMaster 12  
Gilbert Thomas 12  
Tom Whitson 12  
Peg Christensen 13  
Tony Doremus 13  
Jay Simms 13  
Marcia Antworth 14  
Jason James 14  
Jill Orton 14

## **Executive Director**

Wendy Chubick

November	Song Leader	Clipper	Greeter
03	Greg Witte	Bob Knox	Rick Guill
10	Steve Chamley	Dan Kinney	Susan Enewold
17	Greg Witte	Ron Tekippe	Carol Wood

Rotary Club of Council Bluffs  
P.O. Box 673, Council Bluffs, Iowa 51502-0673  
Phone: 712-388-0082

Email: [cbrotary@cbrotary.omhcoxmail.com](mailto:cbrotary@cbrotary.omhcoxmail.com)

Website: [www.noonrotaryclub.org](http://www.noonrotaryclub.org)

Wendy Chubick, Executive Director

## MAKE UP OPPORTUNITIES

### MONDAY

**North** – Noon, Eppley Airport Conference Center

**Bellevue** – Noon, DJ's Dugout, 2440 Cornhusker Rd.

**Millard** – Noon, Bel Air Banquet Room, 12100 W. Center Rd

### TUESDAY

**Morning** – 7 a.m., Happy Hollow Club, 1701 S. 105<sup>th</sup> St

**Northwest** – Noon, Champions Run, 13800 Eagle Run Dr.

**Southwest** – 5:15 p.m., The Prestige, 168<sup>th</sup> & Pacific

### WEDNESDAY

**Downtown** – Noon, The Field Club, 3615 Woolworth Ave.

**Council Bluffs Centennial** – 7 a.m., Hy-Vee, Madison Ave.

### THURSDAY

**Suburban** – Noon, Anthony's, 7220 F St.

**Western Douglas County** – 7 a.m., Elkhorn Common Ground Community Center, 1701 Veterans Dr.

### FRIDAY

**West** – Noon, Champions Run, 13800 Eagle Run Dr.

### **E-Club Meeting Links:**

[www.rotaryclub7210.org](http://www.rotaryclub7210.org)

[www.rotaryclubone.org](http://www.rotaryclubone.org)

[www.rotaryclubny1.com](http://www.rotaryclubny1.com)

[www.rotaryclub7890.org](http://www.rotaryclub7890.org)

[www.rotaryclubsouthwest.org](http://www.rotaryclubsouthwest.org)

[www.rotaryclub34.org](http://www.rotaryclub34.org)

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### **Rotary Events**

Annual Poker Tournament – Sat., Nov. 26, 1-5 pm, Elks Lodge, 380 McKenzie Ave. Tickets are \$50. 1<sup>st</sup> Prize will be a 42" LCD Flat Screen TV. Other prizes include a digital camera, an Ipad and a year's worth of free car washes. Poker players and donations of gift card prizes are needed. Proceeds will go to club programs including Polio Eradication and the Annual 5<sup>th</sup> Grade Career Fair. Please submit completed registration forms to Jason James or the Executive Director.

Salvation Army Bellringing – Sat., Dec. 3, 11 am-7pm, both doors at Walmart. 16 volunteers are needed to work two-hour shifts – 11-1, 1-3, 3-5, 5-7. The sign up sheet will be available at regular meetings or contact the Executive Director.

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### **Announcements**

Dues are now due. Second notices will go out after the Nov. 10 meeting.

14 people still owe \$25 for their soup lunch tickets (\$350). Bills went out via email on Oct. 31.

The Club sent a check for \$4,000 to Water For People on October 27. It was included in WFP's Donate To Drink \$2 Million Dollar Challenge so its impact will double to \$8,000. Water for people raised \$2,357,679 – 118% of their goal! Congratulations and thank you to everyone who donated.

The Club is looking for a donation of a used business projector for use at meetings. Please let the Executive Director know if your organization has one to donate.

Rotary Links:

District 5650 Website: <http://www.rotarydistrict5650.org>

Rotary International Website: <http://www.rotary.org>

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### **November 3, 2011 Program Dr. Crystal Seluk, Jennie Edmundson Thyroid Nodules**

Thyroid Function:

- Controls metabolism
- Effects body functions
- Manufactures iodine laden hormones T3, T4
- Pituitary gland regulates thyroid from the brain and secretes Thyroid Stimulating Hormone (TSH)

What if a thyroid nodule is found?

Evaluation:

- Take a careful history
- Palpate thyroid
- Feel for enlargement of surrounding lymph nodes
- Test TSH, Free T4 and T3
- Ultrasound
- Nuclear medicine scan for hyperthyroidism
- Needle biopsy

Thyroid Cancer Risks:

- 5% of nodules are cancerous
- More commonly found in females numberwise
- More likely to be cancerous if found in males
- More likely to be cancerous if found in someone younger than 20 or older than 60

Risk Factors:

- Change in voice
- Difficulty swallowing
- Prior history
- Firm, hard, immobile nodule
- Family history
- Enlarged lymph nodes
- History of radiation in neck

Needle biopsy:

- Results depend on skill of physician and pathologist
- 1% false positive rate and 1-6% false negative rate
- Has decreased number of surgeries by 20-25%
- Done with ultrasound guidance

Results:

- Malignant
- Suspicious/indeterminate
- Benign
- Non-diagnostic

Suspicious:

- Increased blood supply to nodule
- Irregular size
- Calcification
- Less dense than surrounding tissue
- Absent halo
- Taller than wide

Surgery:

- Cancer diagnosis – remove thyroid and surrounding lymph nodes
- Partial removal
- Frozen section

Complications:

- Bleeding
- Infection
- Paralyzed vocal cord from nerve injury
- Low calcium levels from injury to parathyroid glands

For more information call Methodist Physicians Clinic Ear, Nose and Throat at 712-396-4130 or visit [www.bestcare.org](http://www.bestcare.org).

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